# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

09 Nov 2026

## Evaluation of the Effectiveness of Inhaled Aromatherapy on Girls of High school According Working Memory

### Protocol summary


**Study aim**
The aim of this study was to investigate the effectiveness of Aromatherapy on the active memory of high school girl students.

**Design**
A randomized, blind,sham controlled clinical trial with a parallel group design of 32 High school students who participated in the research between January 2016 and February 2016 for a mont

**Settings and conduct**
Girls' high school in Doroud

**Participants/Inclusion and exclusion criteria**
The neccessity of being Girl(16-17)who has Educated in 2016-2017 at High school and Also have Residented in Doroud.

**Intervention groups**
Control group Included 16 people who had used Plasibo(Sweet Almond Oil)

**Main outcome variables**
The results showed that aromatherapy significantly increased the Working memory of high school girl students


### General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20180924041123N1**
Registration date: **2018-11-16, 1397/08/25**
Registration timing: **retrospective**

Last update: **2018-11-16, 1397/08/25**
Update count: **0**

**Registration date**
2018-11-16, 1397/08/25

**Registrant information**


**Name**
mehrafarin abolhasani
**Name of organization / entity**
**Country**
Iran (Islamic Republic of)
**Phone**
+98 66 4324 5362
**Email address**
sabolhasani61@gmail.com


**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2016-01-18, 1394/10/28

**Expected recruitment end date**
2016-01-21, 1394/11/01

**Actual recruitment start date**
2016-01-18, 1394/10/28

**Actual recruitment end date**
2016-01-21, 1394/11/01

**Trial completion date**
2016-02-22, 1394/12/03

**Scientific title**
Evaluation of the Effectiveness of Inhaled Aromatherapy on Girls of High school According Working Memory

**Public title**
Effect of Rosemary, Lavender, Rose on Active Memory

**Purpose**
Treatment

**Inclusion/Exclusion criteria**
**Inclusion criteria:**
All of Doroud High school in 94_95 Education year. Being at Least 16 Year Old and 17 Year Old in Maximum . Girl Doesn't Have Any Allergy To Medicinal Plants Which Use During Experiencing period.
**Exclusion criteria:**
Ageing conditions. Gender of Participants Who Be Boy . Allergy to medicinal Plants

**Age**
From **16 years** old to **17 years** old
**Gender**
Female

**Phase**
N/A
**Groups that have been masked**

- Participant

**Sample size**
Target sample size: **36**
Actual sample size reached: **32**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
Simply Random and Also Participants Have Concluded In to Two Groups Randomly ;Interfiering and Control Groups.
**Blinding (investigator's opinion)**
Single blinded
**Blinding description**
In the First Step Had Done the Working Memory Test About Traditional Medicine and Psychological Tests Then Had Asleed Them To Reply The question.
**Placebo**
Used
**Assignment**
Crossover
**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**
**Name of ethics committee**
Islamic Azad University Borujerd
**Street address**
Islamic Azad University Square
**City**
Borujerd
**Province**
Lorestan
**Postal code**
6881745768
**Approval date**
2015-12-06, 1394/09/15
**Ethics committee reference number**
IR.IAU.B.REC

## Health conditions studied

### 1

**Description of health condition studied**
The study of Aromatherapy on girls at High school according to Working Memory
**ICD-10 code**
**ICD-10 code description**

## Primary outcomes

### 1

**Description**
Working Memory
**Timepoint**
The effect of Aromatherapy on Working Memory in 30 days at 8 in The morning Through 20 minutes beside Two day for doing Working Memory Test.
**Method of measurement**
Inhaled Aromatherapy

## Secondary outcomes

### 1

**Description**
Aromatherapy
**Timepoint**
the Effect of Aromatherapy on Working Memory in 30 Days at 8 in the Morning Through 20 Minutes Beside two days for Doing Working Memory Test.
**Method of measurement**
In order to Data Collection it used" Daniman" and" Carpenter" Tests , After that to Analysis the data Used Mancova Covalent Analysis.

## Intervention groups

### 1

**Description**
Intervention group: 16 Students have inserted in Intervention group simple Randomly After The Working Memory Test by Daniman and Carpenter during 30 days at 8 in the Morning had Taken Another Test after 30 days The students have Breathed Three selected Smells(Rosemary,Roses,Spike Lavander) through Tissue every day by 20 minutes.
**Category**
Treatment - Drugs

### 2

**Description**
Control group:16 of Control Group have inserted in control group have inserted in Control group simple Randomly after The Working Memory Test by Daniman and Carpenter during 30 days at 8 in the Morning had Taken Another Test after 30 days .Through perfumed Tissue as plasibo.
**Category**
Treatment - Drugs

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**
Girls' High School Hadis

**Full name of responsible person**
Mehrafarin Abolhasani

**Street address**
Alghadir Stret

**City**
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**Postal code**
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sabolhasani61@gmail.com

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**
Islamic Azad University

**Full name of responsible person**
Dr.Korosh Godarzi

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Alghadir Ave

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**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**
Yes

**Title of funding source**
Islamic Azad University

**Proportion provided by this source**
100

**Public or private sector**
Private

**Domestic or foreign origin**
Domestic

**Category of foreign source of funding**
*empty*

**Country of origin**

**Type of organization providing the funding**
Other

## Person responsible for general inquiries

**Contact**

**Name of organization / entity**
Islamic Azad University

**Full name of responsible person**
Mehrafarin Abolhasani

**Position**
Clinical Psychologist

**Latest degree**
Master

**Other areas of specialty/work**
Psychology

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
Yes - There is a plan to make this available
**Study Protocol**
Yes - There is a plan to make this available
**Statistical Analysis Plan**
Yes - There is a plan to make this available
**Informed Consent Form**
No - There is not a plan to make this available
**Clinical Study Report**
Yes - There is a plan to make this available
**Analytic Code**
Yes - There is a plan to make this available
**Data Dictionary**
Yes - There is a plan to make this available
**Title and more details about the data/document**
Printable is part of the research results
**When the data will become available and for how long**
After printing in journals 6 months later
**To whom data/document is available**
Researchers working in universities
**Under which criteria data/document could be used**
Printed in Prestigious Magazines
**From where data/document is obtainable**
Sabolhasani61@gmail.com
**What processes are involved for a request to access data/document**
Email and Reply in Three Months
**Comments**